

**What is the optimal parenting time that the child should spend with each parent?**

**Safety Issues**

- Child Abuse  
Neglect, Physical, Psychological, Sexual
- Intimate Partner violence
- Substance Misuse and Abuse

**Child's Strengths & Weaknesses**

- Adjustment and Resiliency
- Child's Temperament
- Child's Perspective and Wishes
- Age and Stage of Development

**Child's Relationships**

- Child's historical relationship with each parent
- Child's current relationship with each parent
- Sibling relationships
- Child's relationship with extended family
- Child's relationship with peer networks

**Parent's Mental Stability & Capacity**

- Mental stability
- Parent capacity
  - Attunement
  - Nurturance
  - Protection
  - Teaching
  - Promoting child's separate and unique needs
- Parent problems
  - Hyper-vigilant
  - Intrusive
  - Too lax / too rigid
  - Self-centered
  - Enmeshed

**Parent's Relationship**

- Communication
  - Gatekeeping
  - Adaptive / Maladaptive
  - Facilitative / Restrictive / Protective
- Supports the other parent's autonomy as a parent

**Logistics**

- Distance / time between homes
- Proximity of child's educational / social networks
- Degree of synchronicity of parents' calendars
- Religious and holiday schedule
- Exchanges
- Transition of child's items

Optimal Parenting Time Decision Tree Based Upon Shared Parenting Mega-Analysis, AFCC, Toronto (2014)  
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